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East Columbia 50+ Center

September 2019 Events

Hours: Mondays and Wednesdays: 8:30 am-8:30 pm
Tuesdays and Thursdays: 8:30 am- 8:30 pm
Fridays: 8:30 am-4 pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Center Closed Happy Labor Day!</div> <div>2</div>	<div><div>10 Seated Yoga \$</div><div>10 Color with Us</div><div>11 Qigong Drop-in</div><div>12 Sew Who Cares</div><div>12 Poker</div><div>2 Yoga \$</div><div>3 Urban Line Dance \$</div></div> <div>3</div>	<div><div>10 & 12 Mahjong</div><div>1 Fresh Conversations</div><div>2 Bid Whist</div><div>3 Strength Training \$</div><div>4 Tai Chi Beg 2 \$</div><div>5/6 Tai Chi 3/ Inter \$</div><div>7 Soul Line Dance \$</div></div> <div>4</div>	<div><div>10 Sign Language \$</div><div>11 Tai Chi w/ Sword</div><div>12 Tai Chi Practice</div><div>12 Poker</div><div>1 Chess</div><div>1 Ballroom Dance \$</div><div>10 AM Creative Writing \$</div></div> <div>5</div>	<div><div>9:15 Draw & Paint\$</div><div>9:30 Advance Walk (at Columbia Mall)</div><div>12 Pinochle</div><div>1 Bridge</div><div>1 Watercolors \$</div></div> <div>6</div>
<div><div>9 Legal Aid</div><div>10 AM Express \$</div><div>10 Chinese Painting \$</div><div>11 & 12:15 Yoga \$</div><div>12 Mahjong 1 & 2</div><div>1 Bridge</div><div>3 Soul Line Dance \$</div><div>4 Pinochle</div><div>4 Nutrition Appts.</div><div>5/6 Tai Chi Beginner \$</div><div>7 Soul Line Dance \$</div></div> <div>9</div>	<div><div>9 Exercise Ease</div><div>10 Seated Yoga \$</div><div>10 Color with Us</div><div>11 Qigong Drop-in</div><div>12 Sew Who Cares</div><div>12 Poker</div><div>2 Yoga \$</div><div>2 Short Stories</div><div>3 Urban Line Dance \$</div><div>6 Family Law</div><div>7 Dance Night \$</div></div> <div>10</div>	<div><div>10 & 12 Mahjong</div><div>11 Computer Safety</div><div>2 Bid Whist</div><div>3 Strength Training \$</div><div>4 Tai Chi Beg 2 \$</div><div>4 Tai Chi Beg 2 \$</div><div>5/6 Tai Chi 3/ Inter \$</div><div>6:30 Korean Support</div><div>7 Soul Line Dance \$</div></div> <div>11</div>	<div><div>9 Exercise Ease</div><div>10 Sign Language \$</div><div>10 Creative Writing</div><div>11 Tai Chi w/ Sword</div><div>12 Tai Chi Practice</div><div>12 Poker</div><div>1 Chess</div><div>1 Ballroom Dance \$</div><div>6 New Release Cinema Returns!</div></div> <div>12</div>	<div><div>9:15 Draw & Paint\$</div><div>9:30 Advance Walk (at Columbia Mall)</div><div>12 Pinochle</div><div>1 Bridge</div><div>1 Watercolors \$</div></div> <div>13</div>
<div><div>9 Legal Aid</div><div>10 AM Express \$</div><div>10 Chinese Painting \$</div><div>11 & 12:15 Yoga \$</div><div>12 Mahjong 1 & 2</div><div>1 Bridge</div><div>3 Soul Line Dance \$</div><div>4 Pinochle</div><div>5/6 Tai Chi Beginner \$</div><div>7 Soul Line Dance \$</div><div>7 Caregivers</div></div> <div>16</div>	<div><div>9 Exercise Ease</div><div>10 Seated Yoga \$</div><div>11 Qigong Drop-in</div><div>12 Sew Who Cares</div><div>12 Poker</div><div>2 Yoga \$</div><div>3 Urban Line Dance \$</div><div>6 Virtual Dementia</div><div>6 Family Law</div><div>10-12 Meet Jill</div></div> <div>17</div>	<div><div>10 & 12 Mahjong</div><div>10 NARFE</div><div>2 Bid Whist</div><div>3 Strength Training \$</div><div>4 Tai Chi Beg 2 \$</div><div>5/6 Tai Chi 3/ Inter \$</div><div>7 Soul Line Dance \$</div></div> <div>18</div>	<div><div>9 Exercise Ease</div><div>10 Sign Language \$</div><div>10 Creative Writing</div><div>11 Tai Chi w/ Sword</div><div>11 AAUW</div><div>12 Tai Chi Practice</div><div>12 Poker</div><div>1 Chess</div><div>1 Ballroom Dance \$</div></div> <div>19</div>	<div><div>9:15 Draw & Paint\$</div><div>9:30 Advance Walk (at Columbia Mall)</div><div>12 Pinochle</div><div>1 Bridge</div><div>1 Watercolors \$</div></div> <div>20</div>
<div><div>9 Legal Aid</div><div>10 AM Express \$</div><div>10 Chinese Painting \$</div><div>11 & 12:15 Yoga \$</div><div>12 Mahjong 1 & 2</div><div>3 Soul Line Dance \$</div><div>4 Pinochle</div><div>5/6 Tai Chi Beginner \$</div><div>7 Soul Line Dance \$</div></div> <div>23/30</div>	<div><div>9 Exercise Ease</div><div>10 Seated Yoga \$</div><div>10 Color with Us</div><div>11 Qigong Drop-in</div><div>12 Sew Who Cares</div><div>12 Poker</div><div>2 Yoga \$</div><div>3 Urban Line Dance \$</div><div>7 Language Cafe</div><div>Effective Communication Strategies 6PM</div></div> <div>24</div>	<div><div>10 & 12 Mahjong</div><div>11 Bemer Demo</div><div>2 Bid Whist</div><div>3 Strength Training \$</div><div>4 Tai Chi Beg 2 \$</div><div>5/6 Tai Chi 3/ Inter \$</div><div>7 Soul Line Dance \$</div></div> <div>25</div>	<div><div>9 Exercise Ease</div><div>10 Sign Language \$</div><div>10 Creative Writing</div><div>11 Tai Chi w/ Sword</div><div>11 AAUW</div><div>12 Tai Chi Practice</div><div>12 Poker</div><div>1 Chess</div><div>1 Ballroom Dance \$</div><div>Encore Cinema Returns! 6 PM</div></div> <div>26</div>	<div><div>9:15 Draw & Paint\$</div><div>9:30 Advance Walk (at Columbia Mall)</div><div>12 Pinochle</div><div>1 Bridge</div><div>1 Watercolors \$</div></div> <div>27</div>

Important Numbers and Information

If you need accommodations to attend events at East Columbia 50+ Center or to request this document in an alternative format, please call 410-313-7680 at least 2 weeks prior to the event. People who have a hearing or speech disability, please contact us through Maryland Relay by calling 7-1-1. (voice-relay). Howard County Government does not endorse products or services associated with programs held at Howard County 50+

Fresh Conversations with Karen Basinger

Subject: Sugar in Your Diet
When: Wednesday, September 4
1:00 PM

Beginner Creative Writing (5 Weeks/\$130)

New ways to stimulate your creativity on paper
Starting September 5
10-12 PM

Computer Safety

Joel Offenbergl, Howard Community College
Presents: Safe and Secure On-Line
Social Media Best Practices/Scams/ Phishing
Wednesday, September 11
11:00 AM

Meet Jill!

Jill Kamenetz, Maryland Access Point Specialist, (MAP)
Will be joining our team on Tuesday Mornings to offer her expertise and provide great programs.
Tuesday, September 17
10-12:00 PM

Second Tuesday Dance Party (\$5)

Couples, Singles, Groups
Drop in for a Lesson, Dance the night Away!
Tuesday, September 10
7 PM

Medicare Cards Laminated

Tuesday, September 17
10-1 PM

Virtual Dementia Tour

Hands-on experience that simulates dementia
Tuesday, September 17
6-8 PM

Alzheimer Association Presents

Effective Communication Strategies
Tuesday, September 24
6 PM

Bemer Presentation

Meet this new modality that deploys a biorhythmically stimulus which targets circulation.
Bemer facilitates functional blood flow in the body.
Wednesday, September 25
11 am